

Army Reserve Child, Youth & School Services

May 2015



Monthly Highlights:

National Military Appreciation Month
National Youth Traffic Safety Month



10 MAY Mother's Day
16 MAY Armed Forces Day
25 MAY Memorial Day

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CYSS CONNECTIONS

Military Kids Connect



Military youth live in a world of constant change and experience many challenges including multiple deployments of Family members and frequent moves to new schools and neighborhoods. Military Kids Connect (MKC) is an interactive website for military youth to help with the unique needs that are part of the military lifestyle. MKC offers a well designed

and easy to use online community for military children age 6-17 years old. This interactive web page provides access to age-appropriate resources to support children. MKC has online sections for kids ages 6-8, tweens ages 9-12, and teens ages 13-17.

Each online environment offers informative activities, fun games, helpful videos, and resources that are categorized by age group. These online modules reinforce understanding, resilience, and coping skills for military children. In addition, there are helpful links and resources designed specifically for teachers and parents/caregivers. Youth can share their ideas, experiences, and suggestions with other military children through the new feature of a discussion board. This allows youth to connect with other military children and to know they are not alone in dealing with the stressors of military life.



To learn more about Military Kids Connect, view a video as AR youth share their personal stories relating to deployment.

Source: Military Kids Connect, <http://militarykidsconnect.dcoe.mil/>



This information has been provided by Army Reserve Child, Youth & School Services. For more information on resources and programs, please visit:

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CYSS Mission: To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities



4-H Military Partnerships: Supporting Military Youth through Collaborations

4-H Military Partnerships create opportunities and provide support to military connected youth whether they live on or near an installation, in a community, or on an overseas installation. 4-H clubs and opportunities provide consistency in belonging and an opportunity to develop life skills through a positive youth development framework.



4-H Military Partnerships represent a collaboration of the U.S. Department of Agriculture, the National Institute of Food and Agriculture, the U.S. Department of Defense, the Military Community and Family Policy, Army Child, Youth and School Services, Air Force Child and Youth Programs, Navy Child and Youth Programs, the Coast Guard, and the National Guard Bureau. The 4-H Military Partnerships support military youth through collaboration with military partners providing 4-H Clubs, afterschool programs, camps, activities, and events on military installations and in local communities.

Military youth have unique issues including frequent relocations, adjusting to new communities and schools, separation anxiety regarding the safety of a deployed parent, and increased responsibilities at home especially when a parent is deployed. 4-H provides a safe, educational supportive environment for the youth to come to after school when they are more likely to make poor choices or follow the crowd. It can also empower youth to be able to stand up to bullies and others that may be trying to get them to participate in risky behaviors.



The 4-H Program is built upon four Essential Elements ensuring that youth feel a sense of belonging in a safe environment, develop independence in both group and individual work, share with others in the community through generosity, and develop a sense of mastery that continues throughout life as they practice and share what they have learned with others. These programs have served youth in all military branches and components. These programs educate the public about the unique challenges of military youth; recruit volunteers; train educators, volunteers, and military youth program staff on the impact of deployment and 4-H curriculum.

As military families move frequently and experience the difficulties surrounding deployment and reintegration, 4-H provides predictable programming and a safe and nurturing environment for military connected children and youth. 4-H provides a support network delivering recreational, social and providing quality developmental programs so military members can pursue their critical assignments.

To find and enroll in a 4-H club, visit <http://4-hmilitarypartnerships.org/>

Compiled by Juanita Warren, Contractor: Odyssey-TCI JV, LLC



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Army Reserve Family Programs CYSS offered many events in April, the Month of the Military Child. These events and art contests were designed to recognize and applaud Families and their children for the sacrifices they make in supporting America's Army.

April 15th is recognized as Purple Up! for Military Kids Day. Staff and youth wore purple in support of Military children. Purple symbolizes all branches of the military, as it is a combination of Army green, Marine red, Coast Guard navy and Air Force blue.



Puletasi, American Samoa,
"My Rainbow" 9th MSC



Alexis, Vermont,
"Father Daughter Embrace" 316th ESC



Youth Human Knot,
Teambuilding Exercise,
USARC Yellow Ribbon Event 1 and 2



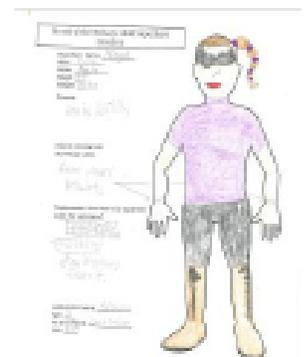
Khaliah, Georgia,
"Army Strong"
335th ESC



Pioneer Days,
Atlanta Outdoor
Classroom,
335th ESC



Fitness with a Twist, Youth Enrichment Program
108th TC



Autumn, Indiana
"Invisible Megan" 310th ESC



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Command/Unit Updates



TEEN RESILIENCE WORKSHOP



**Available to teens (13-18) connected to
Army Reserve and Washington National Guard**

Class Dates

30 & 31 May 2015, Marysville, WA 8 am - 5 pm each day

or

13 & 14 June 2015, Camp Murray, WA 8 am - 5 pm each day

Snacks Provided, Bring Sack Lunch

Do you want to be more self-aware, mentally agile and optimistic? Able to bounce back from set-backs and disappointments without skipping a beat? This is the program for you! Learn techniques for self-regulation that will help you handle tough situations. Sharpen your strengths and work on areas you would like to improve. This training is designed to instill lasting skills and promote resilience in teens.



For information or to register, go to:

<https://www.jointservicessupport.org/Events/Default.aspx>

In the "Search Events" box at the left, enter "resilience".

Registration is required one week prior to class.



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Community Events MAY 2015

Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

What's Happening in Your Neck of the Woods...

| Name of Event | City | State | Dates | Age Group | POC/Website |
|--|--|-------|-------------------------|----------------------|--|
| 4-H Military Youth Camps and Events | St. George Clearfield Thanksgiving Point | UT | 5 sessions June-July | 9-14 | http://utah4-h.org/html/4hmilitarykids/4hmilitary-summer-camp-registration |
| WSU Military Teen Adventure Camps | Deschutes River near Portland/Bend | OR | July 13-17 | 14-18 | http://ext100.wsu.edu/mtac/ |
| WSU Military Teen Adventure Camps | various locations | WA | 11 sessions in 2015-16 | 14-18 | http://ext100.wsu.edu/mtac/ |
| CSU Rocky Mountain Adventure Camp | near Ft. Collins | CO | 5 summer sessions | 14-18 | campscui.active.com/orgs/RockyMountainAdventureCampColoradoStateUniversityMilitaryYouth# |
| Resilience Programs for Children and Teens | Helena Billings Missoula Kalispell | MT | 8 sessions May-Aug | 5-9 6-12 13-18 | http://montanaguardfamily.org/youth |
| Family Resilience Camp | Loon Lake | MT | Aug 28-30 | 5-18 with parents | http://montanaguardfamily.org/youth |

YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY FOR EVENTS IN YOUR AREA:

CYSS Events: <http://www.arfp.org/cyssprogram.php>

4-H: www.4-h.org

YMCA: www.ymca.net/



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Resources and Web Links

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers



Army Fee Assistance will be provided by General Services Administration (GSA) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, http://financeweb.gsa.gov/childcare_portal.

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.



Our Military Kids provides grants for K-12 youth dependents of overseas deployed National Guard and Reserve personnel or severely injured Service Members. Visit www.ourmilitarykids.org/

For Various Duty Statuses



Army Reserve Family Programs provides programs, training, services, resources, youth programming and camping opportunities to Army Reserve Families. Visit www.arfp.org/



Military OneSource provides an online library, web resources, and non-medical counseling to Military Families. Visit: www.militaryonesource.mil/



Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr. olds) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: <http://militarykidsconnect.t2.health.mil>



Zero to Three has information and resources for parents of infants and toddlers. A new phone app, Babies on the HomeFront, provides Military and veteran parents with strategies for enhancing everyday moments with their child. Visit: <http://zerotothree.org/>



Military Child Education Coalition Military (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org



National Military Family Association has programs that provide Military Families with camps, family retreats, and healing adventures during deployment, reintegration, and coming together after an injury. Visit <http://www.militaryfamily.org/>



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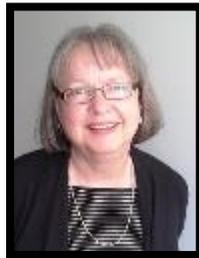


Family Programs Director

Ms. Maritza Ramirez
79th SSC
Los Alamitos, WA
562-936-7612
maritza.l.ramirez.civ@mail.mil

Contact **Ms. Ramirez** for assistance with:

- Family Support Services
- Family Programs Training
- Family Readiness



School Services Specialist (SSS)

Virginia Brannan
Contractor: Odyssey-TCI JV, LLC
364th ESC, Marysville, WA
360-403-2315
virginia.r.brannan.ctr@mail.mil

Contact **Ms. Brannan** for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic /Tutoring Resources
- School Support Services



Youth Services Specialist (YSS)

Harpa Magnusdottir
Contractor: Odyssey-TCI JV, LLC
364th ESC, Marysville, WA
360-403-2304
harpa.magnusdottir.ctr@mail.mil

Contact **Ms. Magnusdottir** for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council

Stay connected with the 364th ESC



If you are not part of the 364th ESC or you live in a state other than Washington or Oregon, contact one of the CYSS Staff members above and we will connect you with CYSS for your area.



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